***The Run***

***By: Lauren Pursel***

***Have you ever doubted yourself so much you knew you couldn’t do it, but then you did? Welcome to my world!! It was a misty, Saturday, summer morning.***

***“Girls come here, time to get started” Coach Matt yelled to us. I was ready to get started the first soccer tryout of the summer.***

***“What are we going to do first dad” Kayla asked.***

***“We are starting with dribbling, and then warm-up, then ladder game, then run, and then scrimmage.” Coach Matt explained to us.***

***“Ok” We said in unison!***

***We got started dribbling around in the eighteen. I felt a little nervous but I was excited at the same time. The excitement grew inside me. The best sport in the whole wide world is soccer. This is my fifth year in a row playing.***

***“Time to stretch girls. Kayla lead the stretch.” Coach Steve the assistant coach called to us. Kayla nodded. When the stretch was over we started to play the ladder game. Which is the best game in the world? I was so happy I felt like I would explode into fireworks.***

***In this game there are a bunch of boxes set up in a row like a ladder. Two people are in each box. You have to get past the other player on the opposite side and stop the ball on the line to score a goal. The person with the most points after 1 minute is the winner. The winner moves to the next box and the loser stays in the same box they are in. We played for a few minutes and then went on to the next thing on his list. Then he told us the next thing was to run 3 laps around the big field. The hard part was doing it in 6 minutes and 25 seconds or less. I was really scared. I didn’t think I would ever be able to do it. We started and I was panting by the 2nd lap. When I ran past the finish line I heard my score. It was 7mins. And 23 seconds.***

***I felt as if the world was crashing around me. Coach Matt told us that “you will have another chance in 2 weeks.” I was so excited I felt like I could fly. Then I remembered that we were going to scrimmage. My favorite thing to do is scrimmage!***

***When we were done scrimmaging we all went home. I told my mom about the run.”We have to run 3 laps around the big field!” I exclaimed!***

***“Well you can do it.” She said. No I can’t, I thought.***

***My mom and I ran 2 times before the next tryout. When it came time to run I was ready. I was on the 3rd lap and I heard Coach Matt yell “5:20, 5:25, and 5:35.” When I finished my time was 5:35! I was happier than Obama when he became president and made history!!!***

***My mom said “I knew you could do it!” Ever since then, I have never doubted myself.***